NBC Rec Center T-Ball
Policies and Procedures

Practices are held once a week for one hour. Volunteer coaches should instruct their players on what a team does when they are at bat and what they do when in the field. After a general understanding of how the game is played, then teams should learn skills like running, catching, throwing, and batting in a step-by-step manner.

At games, teams should have a batting order for players. The game lasts approximately 1 hour to 1 hour and 15 minutes ending when each team has gone through their batting order the same amount of times. One inning consists of every player batting one time. There are no strikeouts and a score is not kept. This league's purpose is to prepare players for baseball/softball.

While on the field, all players are used at the same time. A pitcher may be on the mound. Another player should be at first base. The remaining players are placed around the infield. Defensive coaches are encouraged to be on the field near their players for instructional purposes. Coaches are not permitted to touch a live ball.

A coach will tee-up the ball for the batter and is encouraged to instruct the batter at home plate. First and third base coaches are permitted in the coaching boxes to coach the runners. They may move onto the field but must remain clear of obstructing any defensive plays being made. No bunting or stealing bases allowed. All attempts should be made to keep players who are not at bat, seated in the dugout.

All players are issued a team T-shirt and hat as the uniform to be worn at games. No special shoes or pants are required. League equipment is stored in the shed by the t-ball field. Coaches may sign out the key prior to practice and return it afterwards. Standard T-Ball bats and balls are used. Individual player's equipment should be clearly marked with the player's name. Please park in the gravel area only. Remember to throw away any trash left behind after games / practice.

To assure the safety of our children: Every manager, coach and team mom must have a background check on file that is less than 3 years old.